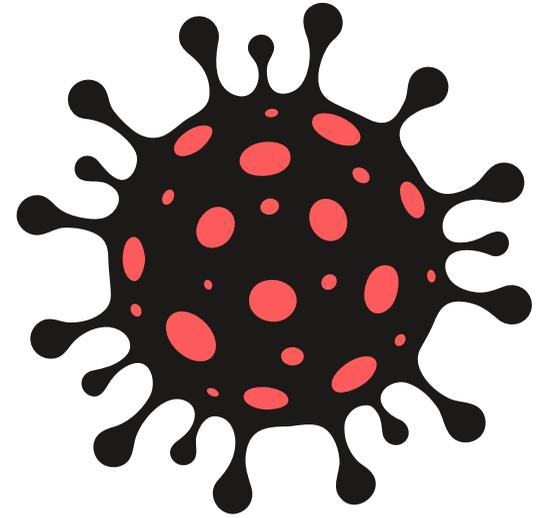


# Your Guide to COVID-19

Tips, guidance, laws, and resources for anyone living in Boulder County

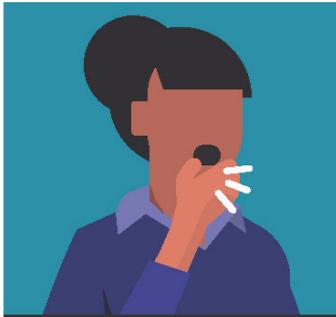


BOULDER COUNTY  
**PUBLIC HEALTH**  
Opportunity for a healthy life.



The coronavirus that causes COVID-19 can spread to anyone.

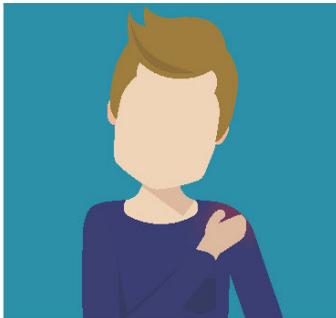
Always keeping distance is most important, even when wearing a mask.



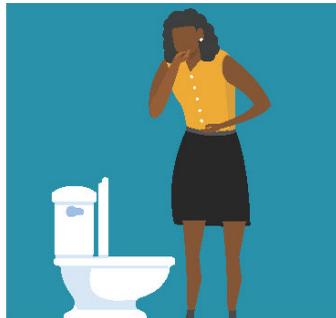
**Cough, shortness of breath or difficulty breathing**



**Fever or chills**



**Muscle or body aches**



**Vomiting or diarrhea**



**New loss of taste or smell**

Symptoms of COVID-19 may feel like flu. Stay home if you have any of these. If you lose your smell or taste, it is a clue that it may be COVID-19. Some people don't have any symptoms, so always keep distance and wear a mask in public.

**If you're over 65 or have a serious underlying condition like**



**Chronic lung disease**



**Serious heart conditions**



**Diabetes**

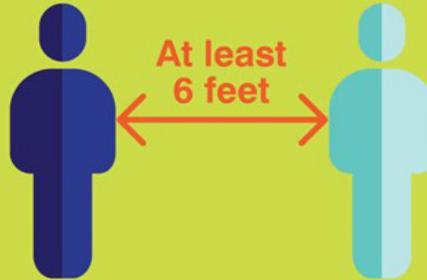
**You may be at  
higher risk of  
getting very sick  
from this disease**

People with lung problems like asthma, or heart problems, or diabetes tend to get sicker from COVID than other people. Take extra care to stay away from people outside your household if you have any of these conditions.

**WEAR  
YOUR FACE COVERING.**



**WATCH  
YOUR DISTANCE.**

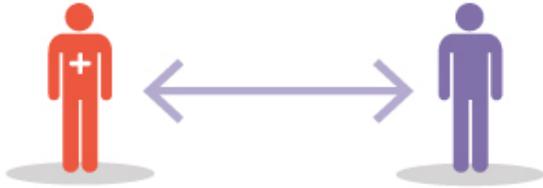


**WASH  
YOUR HANDS.**



Face coverings keep coronavirus droplets from reaching others. Keeping 6 feet away helps keep coronavirus droplets from reaching you. Washing hands often helps stop spread to your eyes or mouth if coronavirus droplets are on your hands.

**MORE THAN 6 feet apart**



**For LESS THAN 15 Minutes**



Coronavirus can travel far and doesn't take long to spread. Stay separate and keep visits short. Remember that the 15 minutes is cumulative within a 24-hour period.



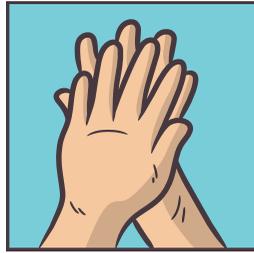
It's important that your mask always covers your nose and mouth because coronavirus droplets that cause COVID can spread from your nose or mouth, even if you're not coughing or sneezing.



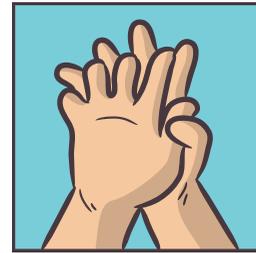
**1** Wet hands and apply soap



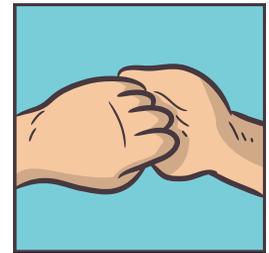
**2** Rub hands together, palm to palm



**3** Rub back of each hand with the other palm



**4** Interlace fingers and rub together



**5** Curl the backs of the fingers in to one palm then the others



**6** Hold thumb and rotate, repeat with both hands



**7** Rub clasped fingers of right hand in left palm and viceversa

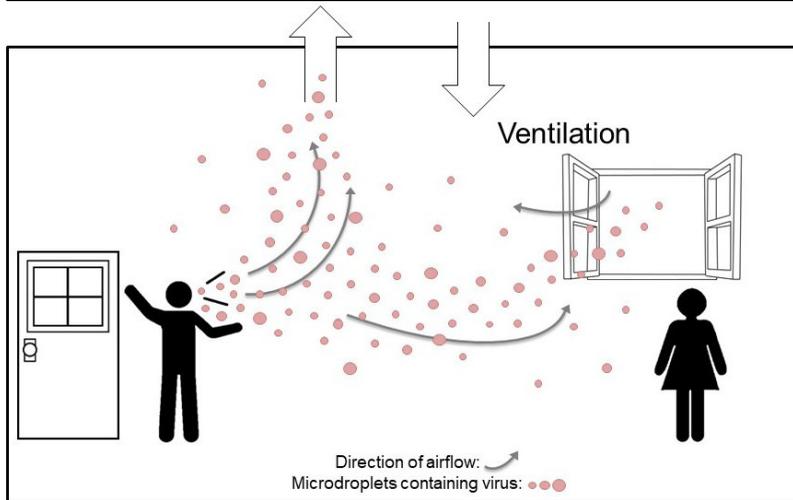
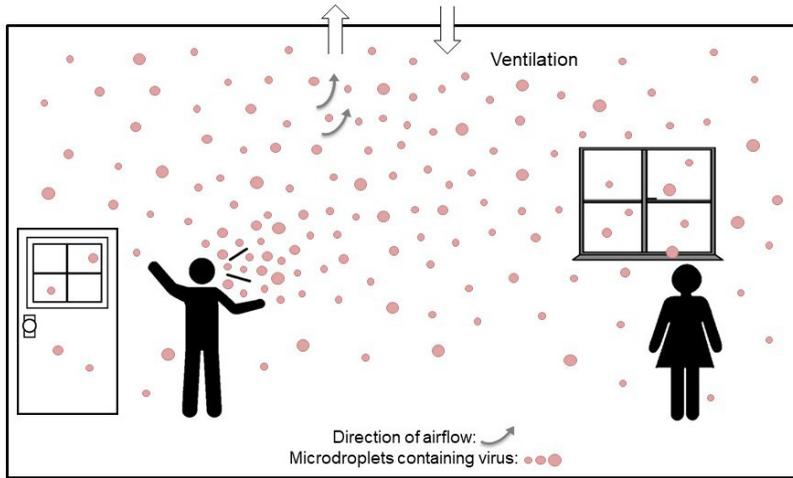


**8** Rinse hands with running water



**9** Dry hands using a paper towel

Coronavirus can stay on hands and enter your body when you touch your eyes or mouth. Washing hands often can help make sure no trace of coronavirus is left.



The coronavirus that causes COVID has trouble spreading when there is good ventilation, like outdoors.

Increase air flow by opening your windows when you can.

# YES



**Waving**

**Nodding**



**Bowing**



**Touching  
elbows**



# NO



**Hugging**

**Shaking  
hands**



**Holding  
hands**



**Kissing**



Change the way you say hello. Coronavirus can spread when you get close, like when you kiss, hug, or shake hands.

It's not rude when you're doing it to protect someone you care about.



Always wear a mask and keep distance when you are with people you don't live with – EVEN FAMILY.



To keep others in your home healthy, don't share dishes, towels, bedding etc.



Clean the bathroom after the sick person uses it, or use a different bathroom.

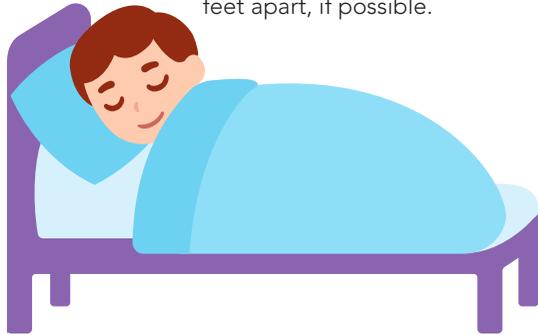


Coronavirus spreads very easily. If you are sick or test positive, stay separate from everyone.

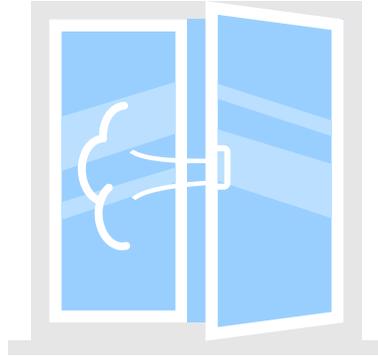
Stay home from work or school, even if you feel well, and don't allow visitors.



Place beds at least 6 feet apart, if possible.



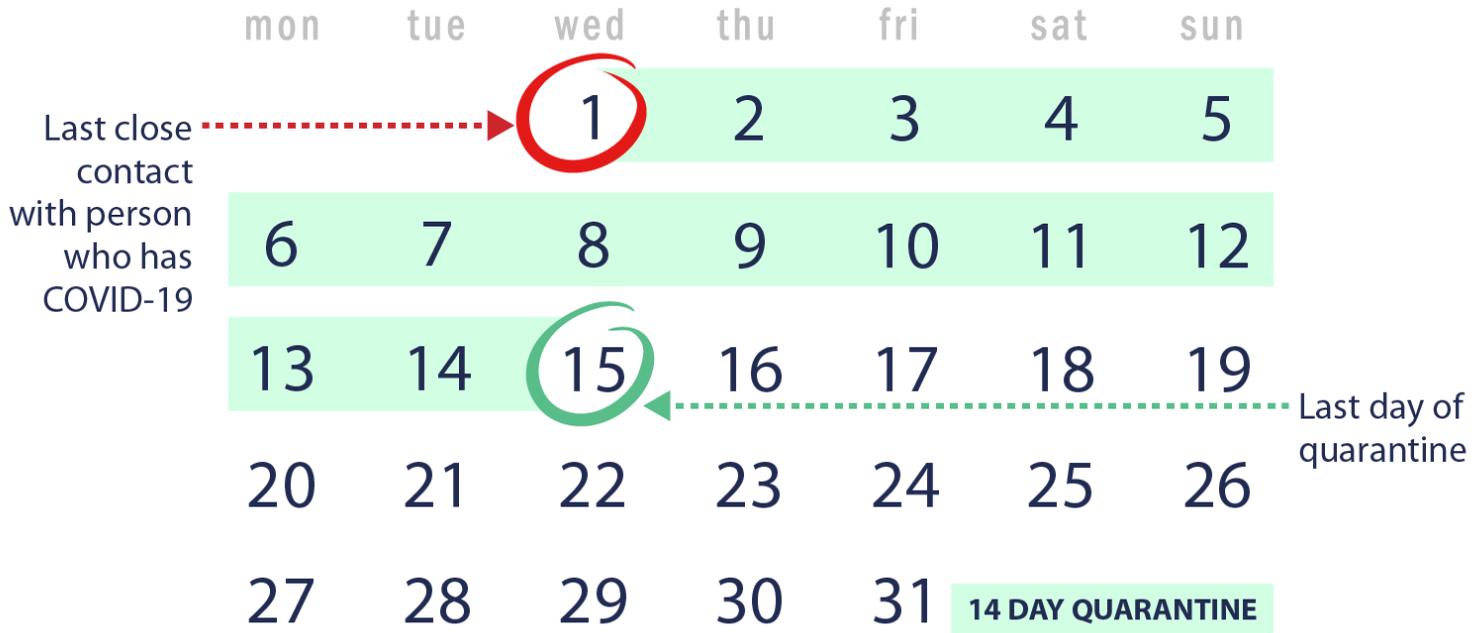
Use a curtain, bedspread, large sheet of cardboard, or similar item to separate the sick person's bed from other beds.



If you are sick or test positive for COVID-19, open the windows in the bedroom and bathroom for fresh air, if you can.

In the bedroom, separate beds if you must share a room.

In the bathroom, wait as long as possible to use the bathroom after the sick person leaves. Use a different bathroom if possible.



It can take up to 14 days to spread COVID-19 to others. So, if you have had close contact with someone with COVID-19, it's important to stay home to stop the spread. Stay in your home and do not go to work or school, even if you have a negative COVID-19 test. The test may not always detect the virus. You can do anything you like at home with household members only.

### **Have a routine**



**Structure your day and keep good habits**

### **Take deep breaths**



**Breathing exercises can ease stress**

### **Call a loved one**



**Lean on each other for support**

### **Have fun**



**Play online with friends or start a hobby**

### **Open windows**



**Sunlight can improve your mood**

### **Help others**



**Get essential supplies for a neighbour**

Mental health is as important as physical health. Take time for yourself and try a few of these suggestions.



Get the COVID-19 vaccine when it is available to you. It can help stop you from getting sick and protect your family and friends.

The vaccine has passed safety tests and shown to work very well.

If most people get the vaccine we can keep businesses and schools open and stop the pandemic.



If someone at work is sick or has tested positive for COVID-19, watch for symptoms and stay home if you become sick.



Businesses are required to tell public health if their staff is sick or tests positive for COVID-19. If you become sick or test positive, tell your supervisor and stay home.

It is against the law to discipline, cut hours, reduce wages, or fire someone for leaving work due to COVID-19, including independent contractors and undocumented residents.



If you have COVID-19 or have been exposed to someone with it, there are Colorado laws to help get paid while staying home.

You may also get paid if you are caring for someone with COVID-19, waiting for COVID-19 test results, or caring for a child because school is closed COVID-19.



Please tell Boulder County Public Health about any employer or business not following requirements. It will help to stop the spread of COVID-19. You do not need to share your name.

**Call Center**

720-776-0822 (English & Spanish)

**Online Form**

BoulderCountyCOVID.org, click on "report a concern"



There are Colorado laws to help protect you at work by making sure the workplace is safe, you are getting paid for COVID-19 benefits, and you are getting support from your supervisor.

Learn about your rights at [BoulderCountyCOVID-19.org](https://BoulderCountyCOVID-19.org), click on "workers' rights."

## Legal Support

There is free legal help available in English and Spanish if you are having trouble with work or school and COVID-19.

### Colorado Department of Labor & Employment, Division of Hour and Wage

Call center: 303.318.8441 (Toll Free: 888-390-7936)

Email: [cdle\\_labor\\_standards@state.co.us](mailto:cdle_labor_standards@state.co.us)

### Boulder County Bar Association

Virtual legal clinic: <https://www.boulder-bar.org/>, click on "BCBA Virtual Legal Clinic Registration"  
Select "yes" for "Is this COVID-19 related" to prioritize a request for an attorney

### Towards Justice

Online form: <https://towardsjustice.org/get-help/>

# Boulder County Public Health is here to help

We want you, your loved ones, and the entire community to be safe and healthy. We know that these are difficult times and we have resources to help.

## Resources

**CO-Help** | 303-389-1687 | Questions about COVID symptoms, isolation and quarantine

**Boulder County Public Health Call Center** | 720-776-0822 | Help understanding COVID requirements at schools, businesses, work, and at home

**Boulder County Housing Help Line** | 303-441-1206 | Help with housing needs

**Workforce Boulder County** | 720-776-0822 | Career services, unemployment, help for veterans

**Report Concerns Anonymously about an Employer** | <https://boco.org/ReportConcern>

**General Support** | [www.boco.org/COVID-19Resources](http://www.boco.org/COVID-19Resources)

**Immigrant Resources** | [bouldercounty.org/government/about-boulder-county/immigrant-resource](http://bouldercounty.org/government/about-boulder-county/immigrant-resource)

**COVID-19 Illness Data** | [www.boco.org/covid19IllnessRecovery](http://www.boco.org/covid19IllnessRecovery)

For daily updates and important information about COVID-19 and resources, follow the Boulder County Public Health Facebook page at [Facebook.com/bouldercountypublichealth/](https://Facebook.com/bouldercountypublichealth/)